

Choose 5 different activities from the list to do each day.

**Follow Coach Snyder on FaceBook. At 1 pm each day, he will go LIVE and you can follow him or pick an exercise for him to do with you.**

1. Jog in place for 1 minute. Rest and repeat until you have jogged for 5 minutes total.
2. Do 20 pushups.
3. Do 20 sit-ups.
4. Stretch all parts of the body using different stretches we have done in class.
5. Plank for one minute.
6. Do 3-2-1 for an increase in abdominal strength.
7. Do 6 inches and hold for an increase in abdominal strength.
8. Do 25 jumping jacks.
9. Do high knees for 30 seconds and repeat 5 times total.
10. Do 10 squats
11. Wall sit for one minute-repeat 5 times.
12. Line Jump 50 jumps
13. 30 mountain climbers
14. Arm Circles 1 minute
15. Lunges-across the room and back
16. Jump rope for 5 minutes, rest and repeat. Don't have a jump rope? Pretend!
17. Leg raises-right and left.
18. Frankensteins across the room and back. Repeat
19. Dance to your favorite song or play Just Dance.
20. Run up and down your stairs 10 times.
21. Play catch or shoot baskets.
22. Crab walk across the room and back.
23. Bear crawl across the room and back.
24. Do 10 squat jumps-get high!!!
25. Do inch worms 10 times.
26. Do 15 Burpees, rest for 5 minutes and repeat.
27. Do 10 each leg floor touches.
28. Do 30 criss-cross mountain climbers.
29. Run around the outside of your house 10 times, rest for 5 minutes and repeat.
30. Do 30 shoulder touches.
31. Perform 10 Yoga poses and hold each for 15 seconds.
32. Perform 10 jump tucks or 20 knee hugs.
33. Perform 10 triangle, 10 decline, 10 incline push-ups, and 10 (5 ea. high/low) push-ups.